

Cooking stuff.

Maybe i should, as i am not that aware of how to cook properly, as i do not know what compliments the other all the time, share with you my favorite foods i make for myself? my mom hardly feeds me, fate helps those that help themselves!

So, one of my favorite things is mussels mixed with mayonnaise! this will give you a taste sensation like you have never had! then, i add lemon juice to make it a little bit tangy, as, the lemon juice has such an effect on your tongue so as to contract it, making it not absorb as much. this means that the whole meal will be more gentle on your tongue, but as soon as the tongue realizes that the lemon juice is there to stay, it adjusts itself to allow all the flavor in.

You could call this a delayed taste sensation!

Now pickled fish is no good with mayonnaise, so what goes well with this? i would hazard a guess this is a complete meal, as, it has oils in it, spices and food stuff in fish. if you were to put this into a bread roll, then you could make for a great snack, with some butter of course.

I guess you cannot add lemon juice to this either. the thing is, some meals are already good to go, and i cannot think of anything that goes with the oils of this type of tinned food, so, i suppose we just need to ask why this meal is complete? heck it is even salty!

This mean is hard to add to because it has so many tastes already. the thing is, the tongue can identify each and every taste in your mouth unless it is a 'numbing taste.' pickled fish has one of those tastes, because, it has 'thickness to the sauces.' this means that each ingredient is 'heavy and low.' but, what does it mean to be heavy and low? this must be, in cooking terms, where the ingredients are dense with volume in that they are thick and this means that they are less soluble.

Comparing this to a salad, one could say that the salad is 'light,' as it is pure fruit and vegetables. this means that it is soluble, due to the juicy nature of it and the speed these juices travel at. this means that salads are more soluble than pickled fish, of course.

Now, to make the pickled fish 'lighter,' in that it is not so powerful a taste, you could add some tiny drops of water, as this will dilute the taste, say, for your children that get hold of proper portuguese pickled fish. if you add water, then you can build the taste up again, having a tangy trace of pickled fish mixed with something else.

I have always wondered why some people put their coffee and sugar in first, like me, and others put it in last. there is definitely a taste difference! i just hate it when some people leave my tea bag in the 'milky solution' of completed tea mixing, as, this looks disgusting and tastes a bit worse.

For the coffee, i guess that it is due to having the heavier things at the bottom of the cup, where when you stir, it is like leaves rising to the top due to the wind blowing. this means, if leaves and feathers are heavier than gases, that the gases get under them. this also follows that hot air rises, and, this means that the air must be under the leaves and feathers, as the gases are lighter and can get between them, the debris will be lifted due to hot air getting under it, all this from the wind - i think i will write on this later?

Anyways, the heat from the hot water gets under the coffee granules and lifts them up in the cup, in, you could say, a 'storm in tea cup' or a tornado effect, yes? this makes them mix with the rest of the water, spreading the taste of the sugar and coffee everywhere in the solution known as coffee.

As for the tea bags, this is heavy and will get influenced with the milk. this means, we have some tea becoming saturated or covered with milk, and the milk will get into the tea bag and draw small bits of 'leaf' into the cup, yes? this means that the tea will leave behind, through some stickier milk than hot water, a residue of tea for the cup to be filled with, leaving a stronger tea taste, yet making you more thirsty, of course.

So, my guide to which herbs to use with which meals comes to this, this vague theory of mine. the more the food tastes like flesh, the stronger the herbs you should use, to compliment it. if you were to add some chicken spice to a steak, you will hardly taste it!

Likewise if you were to add something less flesh tasting, which i think of as the strongest taste, as it is the densest, you will be able to taste it better. this means that if you were to add anything to vegetable soup, you will taste it more - look at beef soup? this is such a dense foodstuff that it makes all the vegetables taste like it. so, density equals strength in taste.

Now, if you were to observe that the denser it is, the more dense it tastes, the stronger the densest things affect the meal. this means if you want to have an exciting salad, you can put anything you want on there! experimenting with these things will prove to be fun and tasty!

Martial arts and boxing tricks.

I have for a while been into martial arts, and have some tricks to share with you. in these fighting sports, you want to take your opponent out of action so they may no longer harm you, be it with a block to divert an attack, or with an attack that renders them no longer a threat. there is also a spiritual edge for martial arts people, as they claim to have more peace. i think this comes from feeling secure in your environment as a person capable of defending yourself, and, this 'social edge' is also based on the fact that most of the time you are not fighting, but know you can.

[1] So, first thing i want to teach you is 'defensive charge.' this is where you merely raise your fists and get your legs into stance, then, as if looking into a mirror, you change your stance moving forwards to scare the opponent into backing off until they are too embarrassed to fight, or, they attack you. in the case they attack you, you will find it easy to block and counter punch, or, even find an opportunity to jab with your 'on hand.' jabbing with your on hand is much easier than you think, with all your minor attacks becoming more deft.

[2] 'Bulldozing' your opponent can work too. both their hands are up to protect their faces, so, you simply use your attack hand, or on hand, to pull their defenses down, like a knife cutting through a steak. this will disorient them, as defensive things are part of the stance, and, lacking a stance, they will back off, while you use your off hand to punch them!

[3] 'Hip kick' is very effective, as this is thrusting for the hip, which is not illegal, and, this is very hard to block. they cannot block this quickly because their arms are too high to come down, and their knees are too low to come up in time.

[4] 'Ruse punch' is very good for 'getting a point.' this would be where you swig out wildly to the side by going round the defenses, drawing their defensive hand out to 'swing a block' at the attack. this leaves them open for a less impressive jab from your defensive hand while you merely keep your attack out there. coming inside and thrusting out is advised.

[5] 'Circumventing' is where you will use brutal sloppy techniques to gain your point. this is done by using your 'power hand' the one at the back, to meet up with your opponents defensive hand. then you simply swing at that hand to push it to the other hand, so that there is an opening for a jab. this will mean that while your attack hand is coming forward, the opponent will simply waste time getting ready to block, trying to infuriate you, as far as they think. the thing is, their attack hand will be back, preparing to counter attack, leaving a split second where they will be undefended and not attacking either. this is an opening for someone prepared for the disturbance to balance for both of you, and, gain a quick point.

Linguistics.

This is the art of communication on a surface level. some people learn which sounds make which words, then form sentences from that. recently, i have experimented with 'syllable semantics,' and find it rather effective. this is where you hear a syllable and mimic the way it makes you feel, to get a physical interpretation of what the message is.

For example, the most influential sounds out there are sounds from nature and animals. for example, the sound of thunder, "grmblrmbl," will be understood in every language as being angry or trouble being near, yes? these sounds explain a lot of what the person is saying, as they hear these sounds and interpret them to mean that part of nature, of course.

But, it goes a lot further than that! if you were to break down syllables into semantic 'meaning,' you could come up with a few basic meanings for these 'sounds.' these sounds mean the same thing from culture to culture usually, for example "ma" is the beginning of mother and means mother in many dialects. then there is "pa," or father, too. the difference here would be the m or p sounds, meaning different things, which we will get into shortly.

~ I live in africa, and have found that i can understand nearly any african words or basic meanings from listening to the radio and asking my black friends if i understand correctly? then there is facebook, which also has many dialects, if you care for them.

So, if you hear a sound that you can turn into semantics, then you will understand the make up of the word. if you heard a word that goes "molo" in my country meaning "hello" to the xhosa people, you could say the "mo" is a thrusting sound, and the "lo" meaning up if you were to place your body into the sound, yes? this would be like "top of the greetings," "high noon," or "you great," logically, yes?

Thus is it is easy once you think about these things.

Gardening.

This is something for old people, right? it promotes peaceful existence and reaping what you sew, of course. this is because when you plan your garden, you have an idea of what it will be like, and then you put into action your plan. at the end, you will see it is always different, and, nearly always i suppose you would feel satisfied if your plants bloom correctly.

So, how do you bring out the best in your flowers? first tip - plant them in the middle of the garden, away from walls. walls block sunlight and are often neglected by the bees and so forth, in favor of a place out in the open, easily spotting predators in their minds.

Second tip - plant the same species together in bunches. this makes it easy for even the wind to cross pollinate them, as they need pollen from the opposite sex to remain healthy. have you ever seen the way creatures are driven to have sex? this must be continuous throughout the world in all living things. this will make them healthier and less 'worried' about pollinating. yes, even flowers have sexual needs, and, they drive them the way that sexual stuff drives teenagers, of course.

Third tip - grow similar size plants together. this will let them get sunlight at a norm for that area, and, will allow the wind and bees to pollinate them easier. this would be where the roots that support the plants will also not pummel the smaller roots of smaller plants, making for a competitive environment free of bullies and 'supreme flowers.'

Effects of pets on us.

It is said that some pets grow up to resemble their owners, yes? this i figure is because the effects of us, having more mass and therefore giving off more energy through our heat auras will result in our effects on them being much greater than their effects on us. us, being bigger then them, will affect the energies they feel, so their expression and body language will resemble ours.

So, if you have a rabid dog with an angry stressed man, they will make each other more aggressive too! this is because the energy you are feeling is affecting the way your body works, from their heat auras. with me so far?

If you were to observe a cat lady, the combined effects of the cats on her will make her more aloof, taking the cats for granted. this will make her proud! imagine her innocently looking after the cats when she has a chance... this is her pride at observing what needs her desperately! sad if i must say so, these cats will enjoy the company of the lonely, as, they will see themselves more appreciated, of course.

So, we can fathom the pet's energies quite easily. spaniel dogs are very mischievous and excitable - having these around children will turn them into extroverts, if you ask me? this is not a matter of different energies attracting each other, this is a build up of energy and physical effects too.

If you want to become different, a pet is the best way to change, or, even the people around you! the ones that affect your role in their society will influence the way you develop or change, of course. if you want to get a pet to change yourself, consult the internet to find the one for you.

Social relay cultures.

I have just touched on this with my pets ideas, where we and our pets pollinate each other with energies, habits and other things. then i thought that we might do this to each other too, and then i started this entry. we do affect each other as we develop into being someone else, of course.

~ As a personal experience of mine, i went to a primary or lower school that was very introverted. this was because of the culture there, as the teachers were stressed and reserved, the kids were all boring and uninterested in things, not even bothering to rebel! then i went to different primary school where everyone was too old for their grades and fighting was the order of the day. music was also popular there and so was dating. it was a much more extroverted school, and, even though i never became an extrovert, i picked up on the 'cool factor,' and became a satanist! well, that was before high school...

So, with energies and habits, down to a fine art of phrases and 'curse styles,' alongside musical preferences and leisure activities and hobbies, we influence each other a lot. these energies on a

subconscious level affect how we interpret these 'peers' of ours, and make us more like them, and them more like us, naturally. this only works if there is a close association, of course.

If you were to be new to an area, and rather young and easily influenced, your first friend may be a civil servant type of 'yes man.' these are the people that welcome new people, obviously because they see new people copying them for a sense of identity and fitting in thing, and they enjoy this so carry on showing them the ropes.

So, if you are a academic mixing with rebels, then you will become more like them, and they might become more like you, but, they may suppress this culture of yours in favor of their own one. this will lead to them being stressed due to your presence, and they will actively reject you, of course. this is why there are cliques, of course. some people like what they see and hear, and others do not, depending on their own self image they are trying to give off, yes?

Now, if you were to observe how like your friends you are, you may outright reject this as being true! you will look around your circle of friends and say you are all different to each other. this is because you all seek identity and leadership and being a trend setter in your circle. of course, if you were to have your circle looked at, others will find great similarities in your circle, of course.

You may be wondering how clothing, trends and music affect us, as there are so many 'blends?' well, firstly, the styles we choose are in such a variety, that it is a fun world, yes? i mean, what if there were only city slickers and country bumpkins? what if there were only surfers and gamers? that would be a terribly boring world, of course. be thankful for the styles, i am.

No, if you were to compare them, these styles are all different, and the people that embrace them act differently. some people embrace the law, for example, while most reject it. if you were to look at the black lives matter protests in america, then you will see many people protesting with the marchers and others making sure the police are okay, yes?

But how can this be? we are all the same physically, mentally and chemically. this must be down to what we embrace - do we embrace the parents or blame them for everything? who is your scape goat for the way things are? what could you change, or, why don't you change yourself? we hardly ever ask why, seeking to be a leader of the sub culture as much as possible. then there are those that support the changes being proposed, or keeping things the way they are too, fearing change.

Back to the topic; how does sub culture affect you?

If you were to observe that there are circles in areas, then you will understand that birds of a feather flock together. there are gangs for security, but they want to harm the other gangs, and that is all they think of consciously, while subconsciously, it is for 'security of the herd.'

So, clothes. the clothes you wear that you buy are there for you to identify to a style of identity. this means, if you see someone you like wearing clothes you like, you will probably seek the same clothes so as to try to give off the impression they gave you. this is due to ambition, where you want to emulate someone or a certain new trend in clothing. this also means that you are stereotyping yourself to someone else, of course. clothing is personal, so it shows how we see our role in the place we are in, of course.

Music is also a identifier. we will find our clothing and style through our peers and elders. this means that we see something and copy it, fleshing it out a little so as to avoid suspicion of being a sheep. on the other hand, we all want to be like sheep if we cannot dominate that circle or areas popularity barriers. then, there is the music. this will form our attitude towards others and life in

general. listening to gangster rap and death metal re nearly the same thing, as they promote violence. this means that it appeals to our primal alpha male and alpha female psyches. this means when we hear this music for the first time, and our solution to problems is harm, due to our upbringing, then we will love this type of music. the difference between these two types of music though is that one is set at a fast pace, and the other slower, meaning that some are dreaming of violence, and others are steadily seeking it, yes?

So, the music you listen to shows what you aspire to be like, your answers for questions or solutions you find work, the dominant role of yours in that society and trying to fir in with the circle or herd.

How about country music? this is friendly, so, if you are friendly you should like it, yes? people often hate country fro the city as it is pretty laid back, and they are used to getting things done quickly and the hustle of the big city, knowing that being friendly is a way to be taken advantage of, of course.

How about opera music? this music is even slower, yet not friendly. due to it's sounds, people think this is for older people, and, they think of listening to a long message instead of watching television. that means that they do not savor events of success and love - women love opera because it is drawn out love stories, filled with character and drama, some things that all women like.

If you were to listen to dance music you would be surrounding yourself with the d.j.s of the world. this is because dance music nearly always focuses on the disk jockey, and, the girls they attract. this means that women will seek only the most popular guy, and ugly girls will be ignored, preempting women to diet and wear skimpy cloths, and men to try to sell themselves to the crowds. thus, dance music is about being young and immature, and, appeal to young people more than old people.

Culture of countries is more than just music and dress codes, it also affects politics and laws. i like to compare the oldest cultures of the near east to the newest cultures of the western world, as this often brings people together. well, i hope it does!

So, why do different areas embrace certain cultural norms? why is texas different to new york? they are part of the same country, but have political differences, manifesting in different parties, of course. this is due to what they inherited from the people they work with - the company they came into - or the school they enrolled in - the rest of the school while they were in first grade, of course. this is because the whole office or school has a certain way of doing things, which leads to different cultures at least from the older kids, or the elder staff members.

Everyone inherits relay culture, and, often they are changing. for example, there are certain dress codes based on colors that have become prominent with the media - yellow was the first, then green, and the last one i heard of was red or scarlet. these colors are supposed to be the 'in colors' for that summer, as the designers accost each color with venom with their run way shows, which get printed in the media, and then they all conform for the sake of their shows not to be 'cast down.' this lasts quite a long time, and, affects the culture or relays of the society at the moment, as it spreads via media and rumors to the younger women for them to embrace the 'newest trend.'

This is just a peek into the complicated cultures of the west. each city relays onto the younger people what they do, through what they confer onto others through ambition of the younger person to become accepted into the sub culture. this means they will conform even if conformity is a act of rebellion, of course.

Now, the cultures of the near east have not changed much for many decades. the technology is there, but the laws and attitudes are set in the old ways. this is because they are conservative, like texas, but texas started their culture of flannel shirts and jeans a lot later than the near east. they still dress like that, i bet, as this is a firm type of 'rejection' to change.

People that are unhappy will always change, maybe even just changing for the sake of feeling 'young.' these cultures of the east have not changed much, because they also reject the images coming at them from the west. i bet it all started with some elderly person watching the europeans unloading fish or some junk onto their markets, and noticing they were not praying to god, and, they thought it better to leave it alone. all it takes for a culture to change is one incident or event in the observations of someone influential, or, some leader, to bring about changes.

Teaching.

This is something we all do sometimes in our lives - try to teach someone else something. this is also a crux of our conversations - asking questions of the other, and learning about what they have to say. this forms the core of communication, as we speak to relay our thoughts, and thus are 'always teaching' through trying to get others to see things our way. even gossip is about rumors, and rumors are about theories we wish to teach, yes?

So, how do we teach effectively? the firs thing i did while conversing with non first language english speakers was to use lots of small words replacing the big words we use to impress each other, and bring others to think they are on our level. for example, a child writing a story for recognition and something they want to do, would call their story "a piece" rather than an "essay," yes? this is because it is harder to understand these words, making you feel more important and trying to impress 'your teacher' or whatever.

Small words should always be used. this lets one flow, as, the reading of a big word makes for a longer period of hesitation between words, breaking the 'flow' of the sentence. this is something i tend to always do, as i like to be understood by n.f.l. english speakers and children too.

Then, you need to speak to them on either a universal level, or a level familiar to them. for example, you could speak about how cows need grass on a universal level, and then how much grass each species eats on a personal level, yes? this would be better to get as detailed as you can without confusing your audience, of course.

~ So far, small words, familiarity.

Dancing.

I have been dancing since the turn of the century and have become very good at it. i am also good at teaching others my dance on the dance floor, i have found, as my dance is easy to do as you do what you want to do instead of what you think you must do. i have taught a few people on the dance floor how to dance and they learn quickly with my cheap approach to this art of beauty and body language.

You will find that the more you dance, the more comfortable you will be with what you look like, even radiating confidence with your body language at times. the firs thing i will tell you now is that you need to push when you walk and dance - a light push, not like pushing a rugby player in a scrum, but rather a little hint of salt on your meaty meal. this would be like just a gentle will of yours, complimenting how you use your body, if you are shy, you will become less shy once you find your way on a dance floor.

This is because dancing is usually about mating or celebrations, if history has anything to do with it. this means, naturally we 'dance' when we are socializing, of course. so, socializing is about body language often, among other things. if you know what your bodies impression is in the mirror, this is easily judged by yourself to mean this or that. lying to yourself could lead to naivety though, where you just hammer it into yourself that you have better body language than others, and get stressed when this is tested. of course, knowing what you do look like, this would make you more aware of your stance in the circle or wherever.

If you were to want to start with your body forming patterns, as that is what dancing is about, making something to look at for others, and this often makes you do things you are familiar with or find yourself good at delivering, the patterns will sort themselves out. it is better to just go with the way you are feeling than to force a move, unless you really want to do that move, as this leads to a better message through less stress. that is why some people look so stiff when they dance, they are forcing something - doing something you want to reach for is much more pleasing to you, yes?

So, why not give it a go? you could just mess around in the mirror and see what you look like when you do these things, of course. this will make you realize you are good at some things, and bad at others, or good at many things and so forth, yes? of course, forcing yourself into doing something will make your muscles learn that movement, and it might come naturally after a while, but there will still be stress if it is not what you want to do.

The comfort of your own company and opinion is refreshing with something like this. this means you can show people once you are ready, and feel the comfort in your body language, in the ways you feel comfortable, of course.

Weather and wind.

Rethinking my stance on weather generation and other natural phenomenon like this, it has become obvious to me that motion itself is generated by 'heat.' heat gives things mass, as it binds them through electrons, which are a form of heat - all negative spin things are, logically. this is because the negative energy is the weak force of heat, and the strong force of dead mass, or, positively spinning particles leads to magnetism, as, they are held together though the heat, and, gravitate towards each other.

So, if the wind and waves are caused by electromagnetism, then what is the cause of this 'heat' or 'energy?' i would say it is due to the currents, which must come from rivers diving into oceans, as no energy is every destroyed, but merely changes forms. then there are whales swimming around, and plates in the ocean moving too - how can energy be created to generate wind and waves in any other way?

Now, if the wind is 'colder than the season' this is because of the high pressure in the ocean being stressed, due to an excess of the same gases buffeting each other, and then resulting in 'wind.' the waves are caused by the wind, quite right, as the wind goes in all directions, and cold air sinks, as hot air rises.

They say it is warmer at sea than on land, and i think this is also due to the absence of land. it is very cold up at the top of a mountain, yes? it is also very cold at the bottom of the ocean, of course. this means that the temperature is due to the mixed radiation or heat storage points of the world - a flat ocean? this will be all over at sea level, meaning that the sunlight will stop at that altitude all over the world, creating mixtures of gases that defy each other, due to the 'similar charge' or

'magnetic frequency,' or temperature due to a filter on the ocean that stops the sunlight to some extent.

This leads to wind, waves, and hot and cold fronts. when we have a high pressure, it is usually stable, but a low pressure would be where winds of a similar type meet up and compliment each other, bringing the extreme weather to the shore.

~ Previously it has been thought that the earth turns and the air does not, creating wind. This is untrue, as, the pressure from the ozone layer keeps the air stable with the turning earth. Of course, this would mean that the smog from factories would go at a hell of a pace all in the same direction, but, this is not the case, is it?